



In This Issue:

- New Social Activities
- TVPC Joining USAP
- President's Message
- New Members
- Tournament Results
- Slowing Down
- Intro to PB (# 4)
- Pickleball 101 (LARP)
- Hidden Valley Ranch
- Skill Rating Guide
- Upcoming Events

New Social Activities

Our Social Committee is planning more activities for you, our members, this summer. **Signups** are now available on our website.

♦ **Pickle and Pastries:** Sunday, July 17th, 8-11 AM
Bring a Pastry to share, we'll provide juice & coffee
Spend some time getting to know other members

♦ **Paddle Down & Play:** Friday, Aug 26th, 5:30-8:30
Bring an appetizer to share and your own beverage

Checkout the Website for more information ...

Tri-Valley Pickleball Club Joining USA Pickleball

The board recently decided to join USA Pickleball (USAP) as a club member. This membership will provide visibility across the region and across the country, along with discounts and access to various software providers to help with our club and event management. It also comes with a banner to display at our club events and functions.

President's Message

Happy Summer Everyone,

Let's all stay healthy and safe. Please keep hydrated before, during and after your play.

I'm happy to say, our membership registration has grown to an impressive 180+ pickleball minded people. At club start, your Board had no idea how fast the membership might grow, and we are truly impressed with your support.



Urgent Job Request: The club is seeking someone to volunteer for an easy task. Paula Orrell has been the daily attendance taker, but she would like to pass the torch. This job is critically important to the club because the data we gather has far reaching implications for Tri-Valley pickleball. Please contact any board member if you wish to volunteer and we will provide you with further information.

Tip of the Month – 3rd Shot Drop: Is it Necessary?

The short answer is maybe. There are many variables to this answer, and none will apply to every situation. Generally speaking, the third shot drop is preferred because you, as the serving team, are automatically on defense, and you need time to approach the non-volley zone.

You might try a 3rd shot drive, but if your opponent is ready for the ball while defending the kitchen, your drive must be near perfect. We do not have too many lefties in our ranks, so I default to targeting the right-handed person at their right hip or right shoulder. You might drive right down the middle to create confusion, or a low percentage shot down the line? Don't forget, the harder you hit the ball, the faster it might return to you and your partner if both defenders are prepared.

Trying a 3rd shot lob is also an alternative, but this type of a shot has must also be near-perfect. Hit it too short and be prepared for a 'Wamma Slamma Jamma' right back at your feet. Hit it too far, the ball flies out and your team loses the chance to score. Try lobbing your shot between them, or better yet, over their left shoulder?

Whatever you try, the 3rd shot drop is the most forgiving, and It gives you time to get to the kitchen line. Hit the ball too high and your foe may see a juicy opportunity, overswing, and send the ball into the net. Hit the ball to barely clear the net, and your opponent will likely overreach and pop the ball into the air. A 3rd shot drop between your opponents can create confusion. Master the 3rd shot drop and you'll be happy.

Healing Wishes: A few members have come down with COVID-19 and we wish them a speedy recovery. We appreciate those of you that have alerted the group and have given everyone a heads up. Please keep Mike Montin and Larry Bird in your thoughts as both recover from knee issues.

Have a great summer and see you on the courts.

— Kirby Wong

New Members

Silver Level Members:

◇ Taylor Dorsey ◇ MaryJo Visneski

Bronze Level Members:

◇ Melissa Fowler ◇ Theresa Kotch ◇ Stephanie Shang
◇ Achin Kalra ◇ Andrea Olsen ◇ Lee Sun
◇ Mark Kotch ◇ Judy Ryan

Tournament Results

Ramin Erfanian and Vince Petrilli Bronze 4.0 Stockton
Lori Dorsey and Robert Beanland Bronze 3.5 Foster City
Angel Hernandez - Pro Sponsorship Engage



Slowing Down (Written by Rich Hume)

The ultimate goal for any developing player is to have the game slow down.

I'm not talking dinks versus hard ground strokes or lobs, but in your reaction to the ball and the play. I come from table tennis, where the reaction time is even shorter than pickleball. When I was starting out, I hit a lot of shots too early. And since I was swinging at the ball, there was a difficult timing issue for me. A swing that is early will go to the left from a right handed forehand, and too far right from a backhand shot.

As I slowed down and realized that I had more time to hit the ball, I swung later, hit with more power and got better control. Then I started to use a shorter swing, block shots, and a push shot. A shorter swing and the push takes less time and less timing for the hit, as the paddle is in a better position, vis-a-vis the ball than a swing. Those shots created more time for me to relax or stop moving my feet.

So how can we do this? During warm up you probably are relaxed and waiting for a ball to come to you, you move gently into position and return it. You probably have less problems in hitting the shot you want and your target. You are also not swinging very hard, but the ball is still going quite deep into the court -- we will return to that in a moment. But realize how much time you have to hit a ball. Sure there is no pressure to make a good return and there is no score on the line, but watch the speed of the ball and the time you have, warm up your mind as well as your body. The pickleball, being large, with holes and not heavy, does not retain speed like a tennis ball. It is begging to be hit as it floats languidly across the net.

It is that relaxed state that you want and need to trust when the game begins. Sure the balls will be hit harder and not as close to you, but it can still be done. Which leads us to the next important aspect of pickleball, and that is moving your feet.

If you move early and quickly, you will create a lot of time for the actual hitting of the ball. This is true for service returns, dinks and all the shots. What you don't want to do is to hit a ball when you are running. This makes any shot much more difficult, with timing, height, and depth control being the big problems.

To sum it up, we have happy feet that are ready to move at all times. We see the shot we want to hit, move to get into position, stop if we can, and hit the ball with a shot that will stay in the court. We don't want to hit the ball any harder than we have to. Control and placement are the priorities. Remember when you were warming up and how little effort it was to hit a ball deep? Well, it's no different during the game.

As you put all this together, you will look relaxed, confident and most importantly of all, nonchalant! So slow down, be conscious of how much time you have, and use it mostly to move your feet.

.— Rich Hume enjoys thinking about playing great pickleball

Introduction to Pickleball (Session 4)

Earlier this month, we held our fourth Intro to Pickleball event and worked with over 16 people who learned the basics of scoring, serving, volleying, dinking, and ground strokes. Although it was really hot, everyone got in some great learning and most played a few games to practice what they learned. These events fill up quickly and we are planning more of these throughout the rest of the year.

Special thanks to our many volunteers who helped out: **Rich Hume, Mary Keller, and Bill & Linda Benett**



Pickleball 101 (through LARPD)

As part of our relationship with LARPD, we host several introductory classes for people who sign up through the LARPD Summer Program Guide. These classes are very similar to our own Intro to Pickleball clinics. Our first Pickleball 101 class was held on June 23rd at May Nissen Park in Livermore and we taught 9 people the basics of scoring, serving, volleying, dinking, and ground strokes.

Shoutouts to the following for their time, equipment and effort that made this event such a great success: **Rich Hume, Fred Quarterman, Christine Holsen, Diane Schord, Melissa McElfresh, Cherie Leines, and Roger Lee.**



Clorox Hidden Valley Ranch Event

One of our members, Liz Paul, brought their company team building event to TVPC and we hosted an Intro Class with a small Round Robin Social Tournament. Over 25 people participated, learned the game, and enjoyed time with their colleagues at May Nissen Park.

Many thanks to the following volunteers for their time, equipment and effort that made this event a great experience: **Rich Hume, Fred Quarterman, Diane Schord, Diane Wood, Mary Keller, Cherie Leines, Roger Lee, Dave Hickman, and Taylor Dorsey.**



Join our Facebook group and share your tournament results with us [Here](https://www.facebook.com/GreatPickleball).

(<https://www.facebook.com/GreatPickleball>)



Find us on:
facebook®

Your Board Members:

President: Kirby Wong
Secretary: Lori Dorsey


VP: Robert Beanland
Merch & PR: Larry Bird

Treasurer: Paula Orrell
info@trivalleypickleballclub.com

USAP Skill Ratings

Here is an excerpt of the **USAPA Player Skill Rating Definitions** from the USAP. It may help you get a better understanding of where you stand and a better understanding of what people are talking about when they say they are a “Two Five” or “Three Oh” or “3.5” player. There is a full PDF you can view on our website here.

Keep in mind, this if for new players who want to assess themselves. As you play in tournaments, there are several different systems that calculate your official rating based on how you do in the tournaments: At what level you play, Against who you

USAPA Player Skill Rating Definitions							
NTRP	Forehand	Backhand	Serve / Return	Dink	3rd Shot	Volley	Strategy
1.0 - 2.0	This player is just starting to play pickleball and has no other sports background. Minimal understanding of rules of the game.						
2.5	This player has limited experience. Can sustain a short rally with players of equal ability. Basic ability to keep score.						
3.0	Ability to hit a medium paced shot. Lacks directional intent and consistency.	Avoids using a backhand. Lacks directional intent and consistency.	Able to hit a medium paced shot. Lacks depth, direction, and consistency.	Not able to consistently sustain a dink rally. Not yet developed the ability to control this shot.	Generally hits a medium paced ball with little direction.	Able to hit a medium paced shot. Lacks direction / not consistent.	Knows the basics. Is learning proper court positioning. Knows the fundamental rules and can keep score. Is now playing tourneys.

The Rest of the Ratings can be Found [Here](#) (Let's Play)



We are in need of a **Data Collection** volunteer to help collect the reported numbers of people who show up at the various venues. If interested, please send an email to: info@trivalleypickleballclub.com

Upcoming Events (Registration Available on the Website)

Social Events ([Register](#))

Pickle and Pastries: Sunday, Jul 17, 8-11 AM

- Bring a Pastry to share, we'll provide shade, juice, coffee and water
- Bring a chair and spend some time getting to know other members

Paddle Down & Play: Friday, Aug 26, 5:30-8:30

- We'll provide shade, tables and possible music entertainment
- Bring an appetizer to share and your own beverage

Player Development

Introduction to Pickleball: Saturday Sep 10th, 9-11 AM ([Register](#))

- Limit of 20 people per session, held at May Nissen Park
- Tell any friends, family or co-workers who are interested in learning the basics

Pickleball 101: Jul 30, Aug 27th, 9-11 AM ([Register](#))

- Introduction to Pickleball through LARPD, held at May Nissen Park
- See LARPD summer events catalog under 'Adult Sports and Fitness'

Intermed & Adv Skills / Drills Event: Jul 9th, Aug 13th, 9-11 AM ([Register](#))

- Hone and improve your skills at May Nissen Park
- Geared towards our more experienced players

Tournaments

Tri-Valley Harvest Crush Tournament: ([Register](#))

- Mens & Womens Doubles Oct 8th, Mixed Doubles Oct 9th
- Open to Members and Non-Members
- Held at May Nissen Park in Livermore

